

12 Tips for Reiki Healing

Reiki Healing is a form of spiritual healing which is done through the use of different hand positions laid for varying quantities of time over the patient's body. You can effectively heal yourself through Reiki Healing by simply adjusting the hand positions to work on your own body. Here are a few tips to use when practicing Reiki self-healing:

1. First of all, identify your ailment. While applying all the Reiki positions can be helpful, targeting a particular area can fasten the healing process.
2. Touch your body very lightly with your fingertips or keep them lingering right above your skin. The energy flow is what is being channelled, so the actual touching of your body is unnecessary.
3. Cover your eyes by transfusing your hands. This position heals sinus illness that can be found in ear, nose and throat, and in addition eases stress.
4. Improve focus by placing your palms over your temples.
5. Focus on your ears which can heal a lot of ailments. Cup your hands over your ears for this position.
6. Express yourself more clearly and ease your throat by hovering (not touch!) your hands and fingers over your throat.
7. Fix asthma issues by placing your hands and palms facing in, over your chest. Your fingertips should be touching and your wrists should be at a ninety degree angle to your body.
8. Control and improve digestion by placing your hands over your abdomen. This position is similar to the previous step but your hands should be about six inches further down your body.
9. Treat depression by holding your hands over your naval area. Your fingertips should be touching directly over your naval.
10. Lighten your body of sexual dysfunction, both emotional and physical, by positioning your hands over your pubic bone. Your fingertips should be pointing toward the opposite foot.
11. You can treat your relationship issues by holding your hands over your lower back. The tips of your fingers should be pointed down and your wrists should be about equal to your waistline.
12. Focus and concentrate on your feet to treat most areas of the body at the same time, as all your organs and chakras are centred in your feet. Hold one foot with both your hands, one hand covering the bottom of the foot and one hand resting on top.